

100 Day Club- For All Bellinghen Instrumentalists

Incentive Program to help with consistent practice in Semester 3

As all families know, regular practice is not always easy to achieve. We have lots of things that happen in the week that can really challenge having a regular practice time. Without consistency our progress gets slow and sometimes we even need the same lesson as we had last week!

PROBLEM- irregular playing/slow progress

DESIRED OUTCOME- regular practice/fast progress

SOLUTION -100 Day Challenge!

Learning an instrument is such a brilliant opportunity. We have this special 'new friend' that we can communicate through, and it can become an extension of our feelings. Learning melodies wire up our brains to help learn EVERYTHING!! Playing together in groups is fun.

Our instrument adds to our life with the opportunities that arise from our new skills, like playing in Bellinghen's own Youth Orchestra or playing for all the school students to sing along to for our National Anthem.

The commitment it takes to develop these skills through home practice is being presented with a huge challenge this Semester. We are asking students to work at their instrument for 100 days in a row! Yes, that's right 100 days straight. You heard it here...No days off!

The steps will be in increments of 20 days in case children and families are overwhelmed, so students can be in the '20 Day Club' and receive an accolade for this at the Christmas Concerts... or 40 or 60 or 80 or 100!! They will be encouraged not to give up by peers, all working for the same goal. Please note that this is not a competition but a student and family journey to form great habits and better playing.

Students, this is an incentive program that will definitely have you playing well. It is also designed to show you just how fast you progress when you play every day.

How it Works

Easy explanation...you play every day and sound great.

Complex Explanation and Rules!!!

You find a grid on the back of the Workbook for Term 3. It has 100 boxes numbered to tick off. You can make a more beautiful, elaborate chart if you wish to keep at home on the fridge so all your family can help to encourage you.

On completion of your chart, you will receive an impressive certificate that welcomes you into the 100 Day Club (you will want to keep this forever as it represents an award for your huge commitment) This will be presented at a ceremony towards the end of the year.

The incentive at the end of each 20 days is up to the Family to provide.

On day 20, 40, 60, and 80 you can talk to Mum or Dad about doing something special that you really love, eg inviting a friend over, being allowed to busk at the Markets, choosing your favourite dinner, a morning at the beach.

When you get to 100 Days it is usual to have a major celebration. Miss Viv's Daughter got tickets to Missy Higgins and my son picked out some special jeans (in the day!)

Please note that I discourage paying the student to practice as it detracts from you paying for their lessons, which should be revered and respected!

Practice must last for;

Beginners -10 mins

Intermediate Players 15-20 Minutes

Seniors 20-40 Minutes

If you miss a day, you go back to the start.

If you are sick in bed, listen to music played by your instrument on YouTube, CDs, Records, for the time of your regular practice. You could also do musicianship exercises like learning where the notes are placed on the staff with the game Staff Wars (an app) or complete pages of the Musicianship Blitz Book, available at the office.

Parents, please get behind this great challenge and don't hesitate to email your teacher or myself for information or ideas. Encourage your child to record some pieces 'before' and 'after' they take the challenge to evaluate their own progress.

Help your child establish this great habit and watch how much more enjoyment they get out of their playing.

Good luck. There is no start date, but we definitely have 100 days in this semester (Two Terms). This will include the next holiday break. If you have to go back to the start, I will have more charts available in the music room.

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